

Army Reserve Child, Youth & School Services



CYSS CONNECTIONS

January 2015

Monthly Highlights:

National Mentoring Month



1 January New Year's Day
19 January Martin Luther King, Jr. Day
23 January National Reading Day

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Why should youth become involved in a mentoring program? A mentor is a caring adult who devotes time to a youth. All mentors have the same common goal: to assist youth in achieving their full potential and discovering strengths and interpersonal skills.

Military Youth face stressful situations when starting new schools, moving to unfamiliar areas, and developing brand new friendships. Military Mentoring Programs are a great asset to Military Families. One such program is provided by Big Brothers Big Sisters of America. This agency has established the Military Mentoring Program (MMP) which supports Military children regardless of parent's deployment status, children of fallen, wounded, and disabled Soldiers.



The MMP engages Active Duty, Reserve, Retired Military personnel, and civilians to serve as volunteer mentors for youth. Big Brother Big Sisters of America staff match adult mentors and youth mentees in long-term, one-to-one friendships, and provide professional support for volunteers, children, and families during the process. The three goals of the MMP is:

- ◆ strengthening the youth's connection with his/her parent and respective community
- ◆ saluting the importance of Military values in youth development and
- ◆ assisting with youth's educational and life achievement goals.

To find a local Big Brothers Big Sisters location that offers the Military Mentoring Program, go to: <http://www.bbbs.org>. A list of mentoring opportunities is available on page 2. For assistance with local mentoring opportunities for youth contact a CYSS Specialist listed on the CYSS Contact page.

Mentoring is a wonderful program that is proven to help youth progress through life's transitions. Building a close, healthy relationship with a trusted adult can be integral in youth's success.

Article written by Amanda Nimocks, Odyssey TCI Contractor



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MENTORING PROGRAMS/YOUTH OPPORTUNITIES



Organization Name	Web Link	Program Overview
4-H	http://www.4-h.org/youth-development-programs/kids-health/programming-resources/preventative-health-safety/national-mentoring-program/	The 4-H National Mentoring Program is recognized for implementing effective mentoring strategies with goals of improving family relationships, increasing social competencies, increasing school attendance, reducing juvenile delinquency, youth unemployment, and school failure
Boys & Girls Clubs of America	www.bgca.org	Programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence.
Boy Scouts of America	http://www.scouting.org/Volunteer.aspx	Boy Scouts of America provides a program for youth that builds character, recognizes citizenship, and develops personal fitness.
The Steve Harvey Mentoring Program for Young Men	http://steveharveymentoring.com/camps/	This National Mentoring Camp is held in Dallas, TX for four days and three nights. There are regional events in Atlanta, Chicago, Los Angeles, New Orleans, and New York. This interactive program teaches the principles of manhood and dream building to young men.
YMCA	http://www.ymca.net/sites/default/files/news-media/Reach-and-Rise-Program-Locations.pdf	The YMCA's Reach & Rise Program connects kids and teens with adult mentors for 12-18 months.



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CYSS FOCUSED ARTICLE

Goal Setting for Children and Youth

Goals are intended to highlight an individual's strength and overcome weaknesses. Therefore, goals are unique to a person and when teaching children and youth the importance of goal setting, the following six tips make goal setting simpler:



Tip #1: Start Small—Initially, start with small short-term goals. Assist children and youth with keeping their goal. If it is a long-term goal, identify shorter sub-goals. **If you have toddlers, a short term goal is allowing children to pick out their clothes and utilize skills such as buttoning, zipping, and tying.**

Tip #2: Get the idea across— Connect youth goals to talents, values, and objectives. Help youth define their goal and review the goal on a daily basis. **School age youth might save money for a video game. Discuss with youth the steps and discipline involved in achieving the goal.**

Tip #3: Let Youth Choose — Goals are personal and individualized. Youth should set attainable benchmarks for meeting their goal instead of pleasing others. Ask your child for suggestions in setting goals. **A Teen may decide to improve overall academic performance. In the process of accomplishing this goal, the youth decides to set attainable benchmarks such as getting organized, take better notes, and improve study habits.**

Tip #4: Be Alert to Possibilities — Obstacles during the accomplishment of a goal are possible. Hurdles and setbacks can be a part of the goal setting process and serve as a learning experience to youth. Encourage children and teens to overcome obstacles, and continue with the accomplishment of the goal.

Tip #5: Showing Becomes Reality—Establish the parameters in order to complete the goal. Ask youth, "How will you know when the goal is accomplished?" Help youth in establishing steps for goal completion. Share a childhood story of achievement.

Tip #6: Applaud Effort — Compliment youth on reaching the set goal. Equally important is recognizing the effort and steps accomplished for trying if the initial goal was not obtained.

Today's youth have a lot on their plate. School, planning for college, extra-curricular activities, voluntary service, family obligations, and faith-based obligations are just some of the activities many youth commit to weekly. Goal setting will help youth find success and help develop positive and lifelong habits. Goal setting helps youth develop purpose, increase self-esteem, develop responsibility, gives focus, and promotes organization.

Article Written by Dan Aukst and Sheena Caston, Odyssey TCI Contractors

Source: Parents.com



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JANUARY CAMPS



January 2015 Military Youth Camping opportunities are listed below. Youth have the opportunity to participate in unique experiences at little or no cost. Winter Camping Opportunities are provided by Military Teen Adventure Camp grants, Operation Military Kids, and YMCA locations. These camps are open to Military-connected youth regardless of Branch of Service who have a parent/loved one in any phase of the deployment cycle; priority is given to children/youth from geographically dispersed families. Camps for youth with special needs (physical disabilities) are also listed. There are spaces still available. Register your youth today!

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
White Mountain Adventure Camp (Youth with physical Disabilities)	Bretton Woods	New Hampshire	2-5	Ages 14-18	Charlotte Cross militaryteen.camp@unh.edu 603.862.0876 www.nhmilitarykids.org \$20 Registration Fee
Summer Camp Reunion	Sewickley	Pennsylvania	4	Ages 6-17	Baierl Family YMCA www.campsoles.org 814.352.7217
Military Kids Youth Summit	Sheboygan	Wisconsin	9-10	Ages 11-13	Shawna Wyman shawna.m.wyman2.ctr@mail.mil 608.242.3483
Super Science Saturday	Fort Wayne	Indiana	10	Grades 4-12	Heather Rosbrugh heather@starbasein.org 260.478.3712
Outdoor Winter Survival Camp	Croghan	New York	16-20	Ages 14-18	Lisa Vaughn lgy6@cornell.edu 315.788.8450, ext. 261 www.ccejefferson.org \$25 registration fee
Intense Winter Wilderness Survival Primitive Skills	Versailles	Kentucky	16-18	Parents and youth ages 14-18	Kerri Ashurst kgoodman@email.uky.edu 859.257.3032 Kelly Ulm Kelly@lifeadventurecenter.org 859.873.3271

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JANUARY CAMPS CONTINUED

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
Winter Survival Adventure	TBD	Washington	16-18	Ages 14-18	Kevin Powers kcpowers@wsu.edu 509.667.6540 http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/index.aspx
OMK Winter Warrior Games Teen Retreat	Rockwood	Pennsylvania	16-18	Grades 7-12 DEERS Enrolled	Susan Smith sjs52@psu.edu 814.865.2264 http://www.cvent.com/events/omk-winter-warrior-games-teen-retreat/event-summary-6212519cddda44529327e85f42e9ef21.aspx Registration Ends JAN 5, 2015
SnoFest Military Ski and Ride Camp FREE Event for Wounded Warriors	Keystone	Colorado	21-25	Injured Veterans Family and Friends	David Schmid dave@adaptiveadventures.org http://adaptiveadventures.org/event/2015/snofest-military-ski-and-ride-camp
OMK "Lego Robotics" Camp	Lehi	Utah	24	Grades 6-8	Rachelle Greenhalgh Rachelle.greenhalgh@usu.edu 435.632.4608 http://utah4h.org/htm/omk Registration Ends JAN 21, 2015
4-H Fashion Camp	Pollack	Louisiana	24-25	TBD	Tanya Giror TAGirol@agcenter.lsu.edu 225.578.6303
Art Lab at Upham Woods	Wisconsin Dells	Wisconsin	30-31	Grades 9-12	Sue Curtis Sue.curtis@ces.uwex.edu 608.342.1308 Registration Deadline—6 JAN \$10 registration fee



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COMMAND/UNIT UPDATES

THE SPOTLIGHT



CYSS staff at the 310th ESC recently attended two family days for their command as well as the 766th Transportation Battalion's family day. At the family days, CYSS staff participated in a briefing and presented materials to Soldiers and their families. CYSS staff also participated in the 55th MED DET COSC family day. During the family day, CYSS staff provided information on youth services and had soldiers and family members at the family day participate in an ornament decorating contest.

766th Transportation
Battalion Family Day



55th MED DET COSC
Family Day



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COMMAND/UNIT UPDATES

THE SPOTLIGHT



Recently CYSS Staff at the 310th ESC had Soldiers participate in the first ever 310th ESC Ornament Decorating Contest. Soldiers recently received ornaments from CYSS staff and took the ornaments home to work on with their youth. After completion of the ornaments, Soldiers brought the ornaments back to have them voted on by the full time staff at the 310th ESC.



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COMMUNITY EVENTS January 2015

Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

What's Happening in Your Neck of the Woods...

Indiana

January 19 “ Free Admission at the Indiana History Center on Martin Luther King Day”, Indianapolis, IN 1000

The History Center honors the memory of The Rev. Dr. Martin Luther King, Jr. with a special day of activities and free admission. Info: See Web site below or call 317-232-1882.

Location: Eugene and Marilyn Glick Indiana History Center, 450 West Ohio Street, Indianapolis, Indiana .

West Virginia

January 29-February 1 Snowshoe Mt. Ski and Snow Adventure. Elkins, WV 8:00am-8:00pm

This event is sponsored by the UK Cooperative Extension Family and Consumer Sciences with the Life Adventure Center. To apply visit, <http://www.lifeadventurecenter.org/military.html> or to request additional information email Kelly@lifeadventurecenter.org

Tennessee

January 10 Tennessee Teen Goal Setting Workshop. Jackson, TN 10:00am-2:00pm

Call out to our West Tennessee Military Teens. We will be offering a workshop on setting goals, learning to focus on priorities, having better relationships with others, and taking care of yourself both mentally and physically. This will be both educational and fun!! For more details or to sign up email abeaty7@utk.edu. Space is limited and you must register.

Kentucky

January 16 Family Game Night, Hopkinsville/Fort Campbell, TN/KY

For more information contact tcatk2@uky.edu or 859-219-1546

January 10 Family Fun Saturday—Let it Snow! Frankfort, KY 1:00pm-4:00pm

Children love to play in snow. Now they can bring the snow inside—and you don't have to mop! Children ages 5-10 are invited to join us to make their own snow and snow globe at the Thomas D. Clark Center for Kentucky History. **Free admission** does not include Kentucky Historical Society exhibits. This is a reoccurring event. For more information contact 502-564-1792.

North Carolina

January 9, 10, 11 CYSS Volunteering Webinar. Times Vary

The purpose of the webinar is to engage school age youth between the ages of 10-18 in volunteering. This event is sponsored by the 108th TNG CMD CYSS Team. Teen Council Members, an FRG Leader, and a representative from the Therapy Dog International Organization will be on the call. Volunteering Opportunities through OMK/4-H will be presented to the youth. For more information contact Carlisha Martin at 866-215-3647, ext. 5002.

January 31 NASCAR Fan Appreciation Day, Charlotte, NC 2014 8:00am-5:00pm

THE ROAD TO DAYTONA STARTS WITH OUR FANS! Kick off the 2015 NASCAR season at NASCAR Fan Appreciation Day at the NASCAR Hall of Fame! Join us for **FREE** and experience the history and heritage of NASCAR through the Hall of Fame's unique and interactive exhibits. In addition, fans will have the opportunity to see some of their favorite NASCAR drivers, NASCAR Hall of Famers and other special guests.



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Ohio

January 16th and 17th Chardon Winterfest 2015 Chardon, OH

Friday from 1700-1900 bring your families to enjoy hot dogs, hot chocolate, and lighting of the Fire and Ice Tower near the gazebo on the Square. Saturday come back from 0800-1400 for a pancake breakfast, Clydesdale carriage rides, dog sled races, snow mobile rides, live ice sculpting, winter games, face painting, food and beverages and a prize and cash raffle on the Square. All events are FREE!

January 22nd Family Fun Night at Lee Road Library Cleveland, OH

Bring the entire family for a night of board games, Legos, and refreshments. Cost is free. Event begins at 1800 and ends at 1930.

Maryland

January - April 2015, NBA's Washington Wizards Military and First Responders special ticket pricing.

Military (active, retired, reserve, veteran) and First Responders (Police, Fire, EMS) are invited to specially priced tickets to Washington Wizards home games throughout the 2014-15 NBA Season. Save 20% off your Wizards ticket purchase! <http://www.nba.com/wizards/gov-x>

Philadelphia

January 19th "Sharing the Heritage Celebration at the African American Museum" Philadelphia, PA

Enjoy free admission to the African American Museum all day and celebrate with special events and activities including hands-on service projects, a Community Celebration with live performances, readings and more from 11 a.m. – 5 p.m.

Virginia

January 19th MLK Keynote Address and Community Lunch Fairfax, VA

Anna Deavere Smith uses her singular brand of theatre to highlight issues of community, character, and diversity in America. Join her for this amazing theatre, followed by a served lunch. Cost is \$5-10. Call 703-476-4500 to order tickets.

Alabama

January 10th Dads and Daughters Saturday Montgomery, AL

Calling all fathers and daughters for a morning of storytimes, fun and laughs from 1000-1200 every 2nd Saturday at the Juliette Hampton Morgan Memorial Library. There will be singing, dancing, and arts & crafts. Cost is free.

YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY FOR EVENTS IN YOUR AREA:

CYSS Events: <https://www.arfp.org/index.php/programs/child-youth-a-school-services>

4-H: www.4-h.org

YMCA: www.ymca.net

Operation Military Kids calendar for your state: www.operationmilitarykids.org/public/states.aspx



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RESOURCES AND WEB LINKS

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers

Army Fee Assistance will be provided by General Services Administration (GSA) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, http://financeweb.gsa.gov/childcare_portal.

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

For Various Duty Statuses

Boys and Girls Clubs of America's (BGCA) is a network of safe, neighborhood-based facilities, for children/teens to come together. Visit: www.bgca.org

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: www.militarykidsconnect.org

Military Mentoring: Operation Bigs is a new mentoring program created by Big Brothers Big Sisters that is specifically for military kids. The Big Brothers Big Sisters MMP supports children of the deployed and non-deployed, children of the fallen and children of the wounded and disabled. The program serves children of veterans at selected locations. The MMP also engages Active Duty, Reserve or Retired/Separated Military personnel, as well as civilians as volunteer mentors. Visit: www.bbbs.org

Operation: Military Kids (OMK) provides support and resources to military youth before, during, and after parents are deployed. Visit: www.operationmilitarykids.org

Sittercity Welcomes Military Families! Sittercity membership at no cost for military families and offer access to a database of local babysitters, nannies, pet sitters, elder caregivers, etc. Memberships are funded by the DoD to help you find local sitters and military subsidized child care providers, and are available to Army, Marines, Navy and Air Force families, including Active Duty, Reserve, and Guard. Activate your membership today! Visit: www.sittercity.com/dod

Military Child Education Coalition (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

SOAR is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Visit: <http://www.soarathome.org/> or www.militaryimpactedschoolsassociation.org

Tutor.com for U.S. Military Families - Get help from a professional tutor anytime you need it. FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. Visit: www.tutor.com/military



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Family Programs Coordinator

Peggy Ranschaert
310th ESC Indianapolis, IN 46216
(317) 377-2170
margaret.a.ranschaert.civ@mail.mil

Contact Ms. Ranschaert for assistance with:

- Family Support Services
- Family Programs Training



Youth Services Specialist (YSS)

Kalicia E. Perry
Contractor: Odyssey-TCI, JV, LLC
310th ESC Twinsburg, OH 44807
(330) 486-6924
(216) 334-9232
Kalicia.e.perry.ctr@mail.mil

Contact Ms. Perry for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council
-



Youth Services Specialist (YSS)

Jordan Dinkins
Contractor: Odyssey-TCI, JV, LLC
310th ESC Indianapolis, IN 46216
317-377-2172
Jordan.t.dinkins.ctr@mail.mil

Contact Mr. Dinkins for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



School Support Specialist (SSS)

Tyler Mitchell
Contractor: Odyssey-TCI, JV, LLC
310th ESC Indianapolis, IN 46216
317-377-2173
Tyler.g.mitchell.ctr@mail.mil

Contact Mr. Mitchell for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services



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